

VLR SAFETY TAILGATE TALK

December 2016

Subject: Getting Ready

Date: _____

for Winter Work

Location (garage, mm, etc...):

Instructions:

Safety Coordinators & Supervisors should use this Tailgate Talk as a guide for discussion during their safety meetings. The primary purpose of the safety meetings is to give crews the opportunity to discuss any safety related concerns they may have.

Once the meeting has concluded, the Presenter should have each employee sign this form and include their Employee ID# in the spaces below.

TGT Presenter: _____

Name Employee

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With winter storm schedules and at times 24-hour workplace, driver fatigue is a major problem in industry today. Drowsy drivers are involved in many fatal traffic incidents, frequently taking occupants of other vehicles with them.

The statistics are staggering and the more time you spend on the road, the greater the odds are that you'll be involved in such an incident. On-the-job driving involves heavy responsibility, so make sure you get enough rest to drive alert.

Here are some tips for staying awake and aware when you drive for your job, to and from work or on your own time:

- Get enough sleep before you drive. For most people, eight hours of sleep every 24 hours is about right, but everyone is different.
- If you have a choice, don't drive during your normal sleeping hours. If you are accustomed to being asleep at 2 a.m. you could easily doze off behind the wheel at that hour.
- Eat lightly and often rather than larger meals. The meat and potato platter, dessert included, at the diner can make you sleepy.
- Avoid alcoholic beverages and other drugs. Even ordinary medications such as cold and cough remedies can contain ingredients to make you drowsy.
- Keep your vehicle interior fairly cool with plenty of fresh air.
- Shift position frequently instead of remaining static for long periods of time.
- Take breaks at least every two hours. Walk around in the fresh air for a while instead of just walking from your vehicle to a warm coffee shop. A fast paced walk around the rest area can do wonders to get your circulation going again to keep you alert.
- If you are alone, use your radio, tape or CD player for company.
- Keep your eyes moving, look at the road and traffic far ahead, check your mirrors often and scan the sides of the road.

Continued.

- Check your instrument panel often, making sure your speed is within posted limits and not becoming erratic because of fatigue or inattention. Consider turning your instrument lights down low to keep your eyes adjusted to the darkness outside.

What other things have you found to be successful in keeping you alert while driving?

Remember, the only substitute for sleep is sleep. Short-term measures may help you stay alert for a while, but eventually you will need to sleep.

Keeping focused and driving defensively during winter maintenance activities will dramatically increase your safety as well as the safety of the traveling public we are serving. Always wear your seatbelt and do not use your handheld devices while operating any equipment or motor vehicles.

Have a safe and productive winter season!

VTTC
SAFETY